

**ABSTRACT OF THE DISCLOSURE**

An optical pickup apparatus for reproducing and/or recording information on an optical information recording medium, includes a light source to emit a light flux with a wavelength in the range of 200 - 700 nm, the emitted light flux having a light intensity distribution in nearly Gaussian distribution; a light intensity distribution converting element to transform the light intensity distribution of the light flux emitted by the light source into a desired light intensity distribution wherein a light intensity of an outgoing light passing through an outermost periphery of an effective aperture becomes 45 % - 95 % of a light intensity of an outgoing light passing through an optical axis position; and an objective optical element to converge a light flux emitted by the light intensity distribution converting element onto an information recording surface on the optical information recording medium.